## WHAT IS CLAIMED IS:

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1. A disposable sanitary seat cover, comprising:

a first sheet of material having a front side and a back side, the sheet defining a seat portion, wherein the sheet includes a predefined removable section that may be separated from the sheet; and

wherein the seat portion comprises at least one passage, wherein the passage is adapted to permit a restraining device to pass through the first sheet.

- 2. The disposable sanitary seat cover of claim 1, comprising a means for securing the cover to an underlying seat structure.
- 3. The disposable sanitary seat cover of claim 1, comprising an adhesive strip secured to the back side of the first sheet of material.
- 4. The disposable sanitary seat cover of claim 1, wherein the seat portion comprises a third passage and a fourth passage, wherein the third and fourth passages are adapted to permit a child's legs to pass through the first sheet.
- 5. The disposable sanitary cover of claim 1, wherein said at least one passage comprises a first passage and a second passage, wherein the first and second passages are adapted to permit the restraining device to pass through the first sheet.
- 20 6. The disposable sanitary cover of claim 1, wherein the restraining device is a seat belt for a shopping cart.
  - 7. The disposable sanitary cover of claim 1, wherein the restraining device secures the cover to a high chair.
  - 8. A disposable sanitary seat cover, comprising:
- a first sheet of material having a front side and a back side, the sheet defining a seat portion, wherein the sheet includes a predefined removable section that may be separated from the sheet; and

wherein the seat portion comprises a first perforated area and a second perforated area, and wherein the first and second perforated areas, when torn, permit a restraining device to pass through the first sheet.

- 9. The disposable sanitary seat cover of claim 8, comprising an adhesive strip secured to the back side of the first sheet of material.
- 10. The disposable sanitary seat cover of claim 8, wherein the first and second perforated areas each form a line.
- 11. The disposable sanitary seat cover of claim 8, wherein the first and second perforated areas each form a cross.
- 10 12. The disposable sanitary seat cover of claim 8, wherein the seat portion comprises a third perforated area and a fourth perforated area, and wherein the third and fourth perforated areas, when torn, permit a child's legs to pass through the first sheet.

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